1: Tew E-4 (no date) 1950 FT7 Yao FT7

BIRTH

Birth takes place in the bush, some distance from the hamlet, in the presence of female relatives of the woman and of her husband. If the child is stillborn, or miscarried, it is buried in the bush. The husband and wife must abstain from sexual intercourse for some months, until a special ritual intercourse is performed. A man who breaks this taboo is liable to contract a fatal disease, *kwasanga*. Difficult births are attributed to: (*a*) a curse spoken by a matrilineal relative—this is made effective by the intervention of the ancestors, and to remove it it is necessary to perform a rite making clear that no malice is borne; (*b*) the adultery of the woman or her husband, in which case confession will save the woman from dying; and (*c*) sorcery.

If a child is born alive it is brought to the hut of the mother or one of her female relatives, where it is secluded until its naming ceremony, about six days later. Only after the naming is the child considered to be a member of society. A second child should not be born while the first is still suckling, i.e. for about two years. When the child is about four or five months old it is ritually immunized against the dangers of sexual activity, and the parents may resume relations. Elaborate magical precautions are taken to ensure the child's survival. Children sleep with their mother, the boys until they are old enough to go to the boys' dormitory, and the girls until marriage.[1]

INITIATION

The yearly initiation ceremonies, *unyago*, are the principal cultural institution of the Yao. That for the boys, *lupanda*, is the most important, and may only take place under a chief or superior village headman, whereas a girls' initiation ceremony may take place under an ordinary headman. The right to hold a boys' initiation ceremony therefore becomes a mark of status which is jealously disputed.[2] The right is expressed as 'having a *ciselo*'. A *ciselo* is the small basket in which the special sacrificial flour is carried.

Yao carry out initiation between the ages of seven and eleven, whereas generally in East Africa it is postponed until puberty.[3] In response to requests from the headmen the chief appoints the time and place of the boys' initiation ceremony for a group of villages. It is held at the end of the dry season, before the bush is burned. Each initiate is accompanied by a sponsor, *nkamusi*, who may be a brother, uncle, or friend. Before they set out for the place appointed to be *lupanda*, they all assemble before the chief to be anointed with millet-flour specially prepared by his head wife. The word *lupanda* refers to a forked stick over which the sacrificial flour is poured. This stick is planted at the place of assembly, the *masakasa*. The boys, their sponsors, and the master of ceremonies, *m'micira*, are accompanied with dancing as far as *masakasa* by their friends. The next day the initiates go to a spot in the bush, where the circumcision (formerly only an incision) is performed, and remain in the bush school, *ndagala*, for about two months, until the wounds are completely healed. The Yao circumcision rite is said not to have been introduced by the Arabs.[4]

During these weeks the boys are subjected to rigorous discipline and instructed in various skills and tribal lore. They sleep in long dormitory huts, with partitions dividing the boys of different villages from each other. The chief appoints the day for

[1] Werner, 1906, pp. 144–5.
[2] Stannus and Davey, 1913, p. 119.
[3] Duff, 1903, p. 312.
[4] Livingstone, 1874, p. 81.

1: Tew E-4 (no date) 1950 FT7 Yao FT7

return to the *lupanda*, where the initiates are welcomed by their friends. An essential part of the ceremony which takes place at this stage is the exhibition of animal shapes made by the *m'micira*, with mounds of earth outlined in flour. These animal shapes differ from lodge to lodge. On the last night before the return to the village the initiates undergo a ceremonial bathing, each boy being carried to the stream by a woman, who thereafter is addressed as 'elder sister'. Finally, with new names, and freshly oiled and decorated, they march to the chief's village to be redeemed by him from the *m'micira* with gifts of cloth. After initiation it is a deadly insult to call a boy by his child-name. All who pass through initiation together consider themselves bound by mutual obligations of hospitality.[1]

Girls' initiation takes place in three stages. First, there is *ciputu*, the general initiation before puberty, which corresponds to the boys' *lupanda*. It takes place at the same time of year, and though it lasts for less than a week, its conclusion is celebrated at *lupanda* jointly with the conclusion of the boys' initiation. A hut is built in the bush, like the long dormitory of the boys, and four days are spent in dancing and singing. Each girl (aged about eight years) is accompanied by a sponsor, a woman friend who continues to be her mentor during subsequent rites, and who assists in giving the girl instruction in her womanly duties. At the end the girls are bathed and anointed, dressed in new clothes, and each is carried to *lupanda* by her sponsor. Here they prove their skill in dancing and receive gifts from their friends. Ritual defloration follows the *ciputu* initiation.[2] Among Mohammedans, clitoridectomy used to be performed by a woman operator, but, it is said, was discontinued in about 1903 on account of the heavy mortality.[3]

After this first general celebration, first pregnancy and first birth are the occasions of separate rites for each girl. According to some informants there were once two ceremonies connected with pregnancy. One, for the young married men whose wives had not yet conceived, used to take place at the same time as *ciputu*; each man was attended by a woman sponsor not his wife, given good advice, and put through various tests of manhood. Mitchell does not confirm the present existence of this ceremony, but in the old days if a man was betrothed or married to a child going through her *ciputu* he had to accompany her.

The *litiwo* ceremony takes place when a young married woman quickens with child for the first time.[4] The woman, with her sponsor and the married women of the neighbourhood, went out in procession for a ceremony of singing and dancing and instruction to the young couple, followed by a feast. Nowadays no men are allowed to attend *litiwo*. A child born of a woman who had not undergone this rite used to be buried alive; nowadays her *atyene mbumba* is charged by the chief.

Finally, six days after the first child is born, its naming ceremony forms a last initiation rite for its mother. The husband is formally led into her hut by her sponsor and the married women of the neighbourhood, and the child is taken out for the first time to the accompaniment of feasting and dancing.

Most Yao men and women act as sponsors of initiates at least once, and all parti-

[1] Sources for boys' initiation: Stannus and Davey, 1913; Werner, 1906, pp. 124–6; Stannus, 4, 1922, pp. 247–63; Heckel, 1935, pp. 19 sq.; Johnston, 1897, p. 409; Weule, 1, 1909, p. 304.
[2] Stannus, 4, 1922, p. 234.
[3] Ibid., 1, 1910, p. 296.
[4] Ibid., 4, 1922, p. 274; Heckel, 1935, p. 23, calls it *cinumbu* (belly).

3: Stannus D-5 (ca. 1912) 1922 FT7 Yao FT7

843 842 *Pregnancy and childbirth.* An event of the first importance in the Yao world is the first conception or rather the "quickening" with the first child, *Litiwo*; this is described below, together with the other ceremonies of the *Unyago*.[1] After the ceremony of *Litiwo*, the period of waiting until the birth of the child passes without further event. A point of medical interest is that native women suffer in many cases from "morning sickness" during pregnancy. That they may have perverted appetites is also recognised, grain husks and crabs being among the things most commonly desired. As the Anyanja,[2] the Yao believe that the child develops from the semen of the male, although the growth of the child is in some way connected with the mother.

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844 When labor commences, the woman retires to the bush a few hundred yards away from her house, attended by some friend, seldom a midwife, and never by her own people, though the mother and the mother-in-law will probably be near the spot. If labor is not completed by evening, they return to the house and the birth may take place actually within its walls. The attitude assumed in labor is the same as that adopted by the Anyanja,[3] the patient semi-reclining in the arms of another woman who sits behind, grasping her belly. The vulva is smeared with a decoction ma[illegible]e from the bark of the *mpoza* tree as a lubricant, but no other help is given. *Kumkuli* is the name given to the place of confinement; *m'huli* means the house where the woman remains for a period after the confinement. The Yao recognise the protruding bag of amniotic fluid and call it the "oil-gourd". *"Chisasi chikuseiche?* (The oil-gourd, has it broken?)." They wait until the placenta is delivered before dividing the cord. This is done with the sharp edge of the outer covering of a maize stalk or sugar cane; a knife is never used. The section is made near the placenta or half-way between it and the child, after tying the proximal end with a bark string.

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The woman who receives the child at birth is the *ambuzanga*, friend or godmother. If the infant is born in the bush, she carries it back to the house whither they go as soon as labor is completed. The mother herself, unless she is very ill, goes out shortly afterwards and buries the placenta in the ash-heap, using a stick to dig the hole, never a hoe.

845 After the birth, the mother and child must remain in the house until the umbilical cord separates, during which time the husband does not enter, though he may come to the door to look in at the child.

852 553 303 The day on which exit from the h[illegible] is made, the floor is entirely replastered with mud. The baby's head is shaved and a cross is made upon it with *ngama*, a kind of red pigment. The husband may then receive the child and in the case of a first-born, it is he who gives it its name; other children may be named by the *ambuzanga*, the mother, or the aunt.

When the mother leaves the house to appear in public, the *nakunga* who put her *litiwo* on,[4] removes it.

So long as the infant remains in the house, care must be taken as to persons allowed to handle it. A woman who has recently had a menstrual period or coitus with her husband,

[1] Vide infra, p. 274. [2] Stannus, op. cit., p. 342. [3] Ibid. [4] Vide infra, p. 274.

3: Stannus D-5 (ca. 1912) 1922 FT7 Yao FT7

or a girl who has just returned from *Chiputu* must not touch the child, as it is said, "Her body is hot and would give fever to the child." To guard against such a happening, some "clean" woman, after handing some beads to the mother, will ask to be allowed to take the infant. This indicates that should it sicken, the beads will pay the medicine-woman who comes to cure it. The mother and baby are simply washed in water and are not treated with medicine, unless meconium has been voided before the child was delivered.[1] If the infant dies before it is presented to the outside world, it is disposed of in the same way as a stillborn child, i.e. buried in the ash-heap. About the tenth day, the baby is adorned with a girdle of beads and two little pieces of stick obtained from a medicine-woman to make the infant grow fat.

The length of time during which the father and mother refrain from cohabitation after the birth of a baby varies greatly according to circumstance. Four months is probably a minimum, while two years, during which the woman suckles the child, is the common interval. After the first coitus, the man and woman wash themselves and the baby is bathed in the same water to prevent any ill coming to it.

Suckling often continues much longer than two years. If the mother dies, the child may be suckled by the grandmother, an aunt, or some other woman, but the breasts must first be treated with medicine or the child would die

A child born breech first is called *salanga*, a word which is also used to denote a variety of domestic fowl which always has the appearance of having its feathers ruffled. A child who dies before the father and mother have resumed sexual relations is buried in a grave-yard apart from that of adults. The grave, dug with sticks, not hoes, is very shallow, and when it is filled in, a heap of stones is made above it. Only women attend the burial. A deep grave would cause the mother to go on losing children at an early age. The body of such a child is called *lituwu*, "hyaena."

A woman dying undelivered is placed in the grave in the usual way and then, before filling in the earth, one of the grave-diggers descends into the pit, cuts through the enveloping shroud, and incises the abdomen. One end of a long bamboo stick or reed is inserted in the incision and the other end is brought out to the surface of the grave. If this were not done, "many would die in childbirth."

Twins are not killed by the Yao but are well treated and always cared for equally. They are given similar clothing and food.[2] There is a story that the mother of Nkwamba,

[1] *Chinguru*, *vide infra*, p. 286.

[2] Cf. A. Werner, 'Among the Congo Cannibals, by John H. Weeks, London, 1913, a review,' (Man, vol. 14, no. 18, 1914, p. 18).

I take this opportunity of referring to Miss Werner's review in which, speaking of twins, she says, "They are always among the Anyanja given the names *Mapoli* and *Nyoma*." *Mapoli* in Chinyanja refers to a kind of musical instrument and the Chiyao meaning is "movement pain." *Nyoma* is a Chiyao word which certainly means "the back." It is sometimes used of the second born twin but does not occur in Chinyanja. I have never heard of twins either among the Wayao or the Anyanja spoken of by these names. A mother carries the first born on the right arm and the second born on the left, but, so far as I know, she does not give a duplicate greeting nor make a habit of suing equally with both hands.

6: Mitchell E-5 (1946-1947) 1949 FT7 Yao FT7

adwalo, a woman who is pregnant for the first time;[1] *kawembere*, a woman who has one or two children; *mjembere*, a woman who has three or four children, and lastly, *akalwe*, a woman who is past child-bearing age.

The information which I have been able to collect on abortifacients and contraceptives suggests that they are not used by married people merely to prevent their having more children, but that they are used by people who wish to avoid pregnancies which would be embarrassing, for example, by a woman whose husband is a labour migrant. To what extent the abortifacients and contraceptives are efficacious I cannot say; some, I know for certain, rely on a magical principle, for example, the medicated cord worn by a man during intercourse. On the other hand, the abortifacients taken orally may have some active ingredient.

A barren woman or an impotent man is regarded with some embarrassment and the marriage sureties (*acisamangwe*) of a childless couple will go to considerable trouble and expense consulting diviners and leeches in an attempt to make the wards productive. Childless couples are regarded as not fully adult and are treat[illegible] in a patronizing way by those who have borne children. Since a man may marry other wives, barrenness in a woman is a cause of sorrow to her husband, but is not in itself a ground for divorce. Where the man is impotent, however, the woman may divorce him on this ground, though she usually takes a paramour and forces her husband to an action for damages which automatically leads to a divorce because it is the usual practice in these cases for the court to ask the woman if she wants to be divorced from her husband.

In contrast to the satisfaction shown at the birth of a child is the sense of awe evinced when a child is still-born or the woman miscarries. The Yao do not distinguish between still-births and abortions, both events being known by the word *kwasanga*. This is a verb and refers to the process of abortion; there is no term for the dead foetus itself. I made no attempt to enumerate miscarriages and still-births because they are supposed to be due to breaches of sexual taboos on the part of the husband and wife, and interviewees were naturally reluctant to mention them. Miscarriages and still-births are greatly feared, and the woman is considered to be in a very dangerous condition until she and her husband have carried out a ritual purification. Should a man have intercourse with a woman who has miscarried and not yet been purified he will contract a disease called *lwazo* which is believed to be invariably fatal. Still-born children or aborted foetuses are buried in a hole dug with sharpened sticks in the bush by the women, whereas children who are born alive and die afterwards are buried in the graveyard in graves dug by men with hoes. The burial spots of still-born babies or aborted foetuses are marked with a stone or broken pottery, since it is believed that to step on them will induce an illness.

The concern of the interested kin-groups is shown in the child-birth procedure. Birth normally takes place in a hut in the presence of the older female relatives of the woman and the female representatives of the man. The husband's representatives are necessary because the Yao, like many other Central African peoples, believe that an adulterine child will not be born to the woman unless she confesses (*kupasa*) the name of the genitor. If she persists in concealing the identity of the genitor, they

[1] *adwalo* – elephant, hence ivory. The terms *litilo* and *adwalo* here both refer to the ivory beads traditionally worn by the women in the pregnancy initiation ceremony.

6: Mitchell E-5 (1946-1947) 1949 FT7 Yao FT7

believe that she will die. The man's representatives are therefore able to establish the child's paternity from the birth-pang confessions of the woman.

The child is kept in the hut where it was born, for six or seven days, while the umbilical cord dries and falls off. During this time (*lusil*) the child is unnamed, and it is named only when it is taken out of the hut. Should it die during this period of seclusion it remains unnamed and is referred to by a special term (*litaya*, pl. *mataya*). I have therefore been able to enumerate live births by means of the distinction made between miscarriages and still-births (*kwatanga*) and children who lived long enough to be referred to as *mataya*. After the birth of the child the woman may not have intercourse for four or five months. To do so would be to endanger the life of the child with a disease called *ndaka*,[1] which is contracted by a sexually inactive person when he comes into contact with a sexually active person. The husband may have intercourse with a second wife, but must take care to medicate himself so that he does not endanger the life of his child. When the child is about 4 or 5 months of age the parents perform ritual intercourse and medicate the child against the mystical dangers of sexual activity; sexual relations are then resumed.

The Yao say that a second child should not be born while the first is still being suckled. Since lactation continues for about two years I am uncertain whether monogynists remain continent, as they say they do, or whether *coitus interruptus* is practised. It is quite usual for husbands to become labour migrants when their children are still very young. I have known women to write to their husbands who are away working and tell them to return because their children have 'grown', i.e. have been weaned. Labour recruiters had difficulty in recruiting men immediately after the soldiers had been demobilized at the end of the war, because the women objected, saying that they had remained childless long enough and the men must first wait until children were born. However, actual examination of birth-dates shows that children are sometimes born within a year of one another and sometimes there are quite big gaps. The two-year gap between children is probably an ideal which few attain.

5. The Estimation of Fertility

(a) *Sundbarg's Age Divisions*

As a preliminary estimate of fertility, Sundbaerg's trichotomy of ages may be considered. The argument behind this division of the population into Youth, Middle Age, and Old Age is that those populations with a high proportion of youth have a greater tendency to increase. Table V shows this trichotomy for the Yao with the same material for some other populations shown for comparison. Where the gross reproduction-rate is known for the period shown in the table, this is included.

At any one time a certain proportion of the population is absent from the area, usually at some labour centre. Hence the proportions of the population are distributed abnormally. In all there appeared to be a total of sixty-three men, women, and children absent from the hamlets, who would otherwise have been living there. Hence in Table V these have been included in the totals in the 'Yao with absentees' proportions.

[1] A disease of this sort is believed in by many Central African tribes. Among the Nyanja-speaking peoples it is known as *zimpele*.